

WHAT IS CLAIMED IS:

1. An alcohol-free beverage comprising 25mg-1000mg of an active kavalactone selected from the group consisting of dihydrokawain, dihydromethysticin, kawain, yangonin, 5 methylsticin, desmethoxyyangonine and a combination thereof, per 60ml of beverage.

2. The beverage of claim 1, further comprising a stabilizer blend having at least two stabilizers.

3. The beverage of claim 1, wherein the active kavalactone is selected from the group consisting of S- (+) dihydrokawain, S-dihydromethysticin, S- (+) kawain, yangonin, S- 10 methylsticin, desmethoxyyangonine and a combination thereof.

4. The beverage of claim 1, comprising 100mg-500mg of an active kavalactone per 60ml of beverage.

5. The beverage of claim 1, comprising 500mg-1000mg of an active kavalactone per 60ml of beverage.

6. The beverage of claim 2, wherein the stabilizer blend is 0.01% to 10.0%, by 15 weight, of the beverage.

7. The beverage of claim 2, wherein the stabilizers are independently selected from carrageenan, cellulose gum, guar gum, xanthan gum, alginate, pectin, hydroxymethyl cellulose, locust bean gum, hydroxyethyl cellulose, hydroxypropyl cellulose, carboxymethyl cellulose, microcrystalline cellulose, amidated pectin, propylene glycol alginate, modified starches, maltodextrins, gelatin, polydextrose, hydroxypropylmethyl cellulose, 20 methylcellulose, methylethyl cellulose, ethylcellulose, and combinations thereof.

8. The beverage of claim 7, wherein the stabilizers are selected from carrageen, alginate, xanthan gum, pectin, and combinations thereof.

9. The beverage of claim 1, further comprising a preservative.
10. The beverage of claim 9, wherein the preservative is an anti-oxidant.
11. The beverage of claim 9, wherein the preservative is anti-microbial.
12. The beverage of claim 1, further comprising a sweetener.
- 5 13. The beverage of claim 12, wherein the sweetener is a natural sweetener.
14. The beverage of claim 13, wherein the sweetener is sugar.
15. The beverage of claim 1, further comprising a flavor agent.
16. The beverage of claim 15, wherein the flavor agent is a natural flavor agent.
17. The beverage of claim 16, wherein the flavor agent is selected from rosemary, grapefruit seed, cinnamon, ginger, cardamom and clove.
18. The beverage of claim 1, further comprising a fruit concentrate.
19. The beverage of claim 18, wherein the fruit concentrate is passion fruit, cranberry, mango, grapefruit, orange, lemon, lime, or combination thereof.
20. The beverage of claim 1, further comprising water.
- 15 21. The beverage of claim 1, further comprising a stabilizer blend having at least two stabilizers, a sweetener, a flavor agent, a fruit concentrate, and water.
22. The beverage of claim 1, comprising the following ingredients in their respective amounts by weight per 60 ml of beverage:

Kavalactones 150-250mg

20 Sugars 15-30g

Fruit concentrates	2-4g
Natural flavors	1.5-3.0g
Water	20-50g
Stabilizer blend	0.05-0.2g.

5 23. The beverage of claim 1, comprising the following ingredients in their respective amounts by weight per 60 ml of beverage:

Kavalactones	100-500mg
Sugars	15-30g
Fruit concentrates	2-4g
Natural flavors	1.5-3.0g
Water	20-50g
Stabilizer blend	0.05-0.2g.

10 24. The beverage of claim 1, comprising the following ingredients in their respective amounts by weight per 60 ml of beverage:

Kavalactones	350-500mg
Sugars	10-30g
Fruit concentrates	1.5-3.0g
Natural flavors	1.5-3.0g
Water	20-50g
Stabilizer	0.05-0.2g.

15 25. The beverage of claim 1, wherein the beverage is a health beverage.

20 26. The beverage of claim 1, wherein the beverage induces relaxation in the consumer.

25 27. The beverage of claim 1, wherein the beverage reduces stress in the consumer.

28. The beverage of claim 1, wherein the active kavalactones include synthetic active kavalactones.

29. A method of making an alcohol-free beverage comprising combining 25mg-1000mg of an active kavalactone selected from the group consisting of dihydrokawain, dihydromethysticin, kawain, yangonin, methylsticin, desmethoxyyangonine and a combination thereof per 60ml of beverage, and a stabilizer including a blend having at least two stabilizers.

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30. The method of claim 29, further comprising combining a sweetener, a flavor agent, a fruit concentrate, and water.

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